



National Nutrient Database for Standard Reference
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Statistics Report 09154, Lemon juice, frozen, unsweetened, single strength

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	92.39	3	0.401	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	22	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	92	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Protein	g	0.46	3	0.006	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.32	3	0.037	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	0.33	3	0.034	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	6.50	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Fiber, total dietary	g	0.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Sugars, total	g	2.40	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Minerals													
Calcium, Ca	mg	8	3	1.201	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.12	3	0.018	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	8	3	0.536	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phosphorus, P	mg	8	3	1.225	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	89	3	12.005	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	1	3	0.167	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.05	3	0.006	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Copper, Cu	mg	0.030	3	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Manganese, Mn	mg	0.030	3	0.006	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Selenium, Se	µg	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	31.5	3	5.710	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.059	3	0.004	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.013	3	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.137	3	0.044	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Pantothenic acid	mg	0.121	3	0.023	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-6	mg	0.060	3	0.005	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folate, total	µg	10	3	2.155	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	10	3	2.155	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Folate, DFE	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2007
Choline, total	mg	5.1	--	--	--	--	--	--	--	--	Calculated or imputed	09160	02/2007
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	1	3	0.265	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2007
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	09150	02/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09150	02/2003
Cryptoxanthin, beta	µg	12	--	--	--	--	--	--	--	--	Calculated or imputed	09150	02/2003
Vitamin A, IU	IU	13	3	5.291	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09150	02/2003
Lutein + zeaxanthin	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	09150	02/2003
Vitamin E (alpha-tocopherol)	mg	0.08	--	--	--	--	--	--	--	--	Calculated or imputed	09202	02/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	09153	02/2003
Lipids													
Fatty acids, total saturated	g	0.043	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
14:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:0	g	0.038	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:0	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Fatty acids, total monounsaturated	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:1 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:1 undifferentiated	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.097	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:2 undifferentiated	g	0.068	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:3 undifferentiated	g	0.029	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003